



Public Health England Statement:

"The best thing a smoker can do, for themselves and those around them, is to quit completely, now and forever. However, for those people who are unable or do not want to stop in one step, Public Health England (PHE) supports the approach set out in the NICE public health guidance on tobacco harm reduction. This could include cutting down before you quit or long-term use of licensed nicotine-containing products.



Quit smoking for **SUMMER**.
Starter kit for £10 inc your
first 10ml liquid **FREE**.
Offer ends 10.4.16

Increasing numbers of smokers in England are using e-cigarettes to help them cut down or to quit for good. Emerging evidence indicates that when the right product is used in the right way, e-cigarettes can be effective

for both these purposes. E-cigarettes are not harmless but are estimated to carry only around 5% of the risk of smoking for users, and exposure to vapour does not present the risks of secondhand smoke.

The challenge for PHE is to maximise the public health benefits from e-cigarettes while managing the risks. We want to see safe and regulated e-cigarettes act as a route out of smoking for adults without becoming a route into smoking for young people and non-smokers. We strongly support proportionate regulation to secure high standards of product safety and effectiveness, to prohibit sales to under-18s, and to restrict marketing so that e-cigarettes are clearly positioned as products designed to help adult smokers to quit..

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TRADE up your starter kit, bring in Your old starter kit and we will take **£10** of any Mod on sale for **£39.99** or more, It can be from any store, any make, even if it does not work. We recycle all our batteries to help keep the environment cleaner. £10 voucher expires 10/4/16



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9 Tickford Arcade, Newport Pagnell
MK16 8AH
5 Stratford Arcade, 75 High Street
Stony Stratford MK11 1AY

Also at

31 West Street, Buckingham MK18 1AH
11 Swan walk, Thame OX9 3HN
Vape & Coffee Shop
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Tuesday 17th May 2016
Canal Cruise with Fish and Chip lunch



2 hour cruise along the Bedfordshire canal. Lunch
on board - Fish and Chips.
Coach will leave Milton Keynes at 10am.
Return coach time at 1.30pm.
£25.00 per person.

Wednesday 29th June 2016
Leeds Castle - Maidstone Kent



With 500 acres of beautiful parkland and formal
gardens, daily activities, free flying falconry displays,
special events and year-round attractions. Leeds
Castle is one of the best days out in Kent, you will
want to come back time and again!
Coach will leave Milton Keynes at 8am.
Return coach time at 5pm.
£30.00 Per Person.

Tuesday 3rd May 2016
Moreton-in-Marsh Market
and Bourton-on-the-Water



Have a couple of hours exploring the market at
Moreton-in-Marsh, before getting back on the
coach for an afternoon in Bourton-on-the-Water.



Coach will leave
Milton Keynes at 9am • Returns at 5pm
£25.00 per person

Tuesday 14th June 2016
Seaside day out- Ramsgate



With the very Royal Harbour in the country, a
picturesque Marina and an award-winning main
beach, Ramsgate is a delight to visit.
£20.00 Adult
£10.00 child 5-16yrs
Leaves MK at 08.30am and returns at 17.30

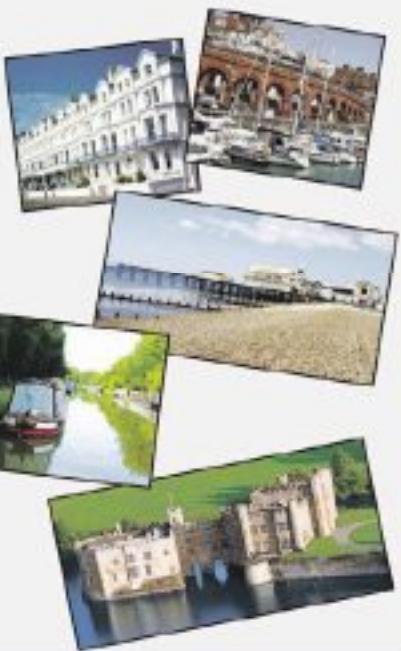
Tuesday 5th July 2016
Southend-on-Sea - seaside day out



Southend offers all the traditional seaside
pleasures along our seven miles of seashore.
Coach will leave Milton Keynes at 8.30am.
Return coach time 5.30pm.
£20.00 per adult • £10.00 per child 5-16yrs

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Day Trips 2016



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for more information

Monday 22nd August
Seaside day out- Hunstanton- Norfolk



The seaside town began as a purposely-built resort in 1846 and
retains its Victorian charm and character to this day, remaining a
popular holiday destination for visitors of all ages. From buzzing
family activities such as Crazy Golf, Pitch-and-Putt, and the Oasis
Leisure Centre to the tranquil Esplanade Gardens
there is something for everyone
Leaves MK at 08.30am and returns at 17.30
£20.00 adult • £10.00 child 5-16yrs

Tuesday 13th September
Kew Gardens- London



Visit Kew and explore the world's most famous botanic
garden. Kew Gardens boasts landscapes, glasshouses,
historic buildings and a vast range of rare and beautiful plants.
Leaves MK at 09.00am and Returns at 17.00
£35.00 adults
£32.00 concession- over 60's • £23.00 children 4-16yrs
Price includes return coach travel and entrance
fee into Kew Gardens

Wednesday 5th October
The Knitting and Stitching Show @
Alexander Palace



You'll find nearly 400 exhibitors at The Knitting & Stitching Show -
more than any other craft show - selling all your essential sewing
and knitting supplies and craft materials.
Leaves MK at 09.00am and Returns at 17.00
£30.00 Adults
Price includes return coach travel and entrance
fee into The Knitting and Stitching Show.

Friday 4th November
Crafts for Christmas @ NEC Birmingham



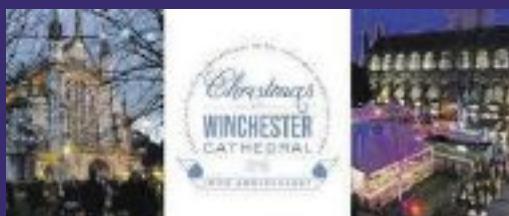
Crafts for Christmas at the NEC, Birmingham is the place to come
for all your Christmas inspiration this year. From food and drink to
gifts and home decorations, there is plenty to see and be inspired
by. There will be a host of fabulous features on offer, inspiring
craft workshops from the Women's Weekly team to enjoy; and some
special show offers too. Leaves MK at 09.00am and returns at 17.00
£22.00 Adults • £31.00 concessions - over 60's
Price includes return coach travel and entrance fee into
Craft for Christmas.

Friday 11th November
The Festive Gift Fair @ NEC Birmingham



The famous Festive Gift Fair is where Hall 12 at the NEC is transformed into
a colourful Aladdin's cave, bursting at the seams with an **eclectic**
mix of unusual presents as well as popular traditional favourites.
1000's upon 1000's of original Christmas presents, food and drink for you
to browse and shop with some stall holders even **personalizing**
unique gifts while you wait.
Leaves MK at 09.00am and returns at 17.00
£25.00 Adults
Price includes return coach travel and entrance fee into The festive gift fair.

Wednesday 7th December
Winchester Christmas Market



Founded in 2006, the Christmas Market celebrates its 10th anniversary this year.
Now recognised as one of the best in Europe with its unique location, high quality
exhibitors and bustling atmosphere. Wonderful Christmas gifts, decorations and
festive foods can be found in abundance.
£22.00 Adults
£12.00 Children 5-16yrs
Leaves MK at 08.30am and Returns at 17.30
Price includes return coach travel entrance into the Christmas market is free.

Thursday 15th December
Thursford Christmas Spectacular



Set in the magical surroundings of mechanical organs and fairground carousels, with a
cast of 130 professional singers, dancers and musicians - many of whom are West End
performers. The 3 hour performance delivers an extravaganza of non-stop singing, dancing,
music, humour and variety. It's a fast moving celebration of the festive season featuring an
eclectic mix of both seasonal and year-round favourites, with famous and much-loved chart
toppers being sung alongside traditional carols. Leaves MK at 09.00am and will return
after the show at approx 17.30 • £55.00 adults
Price includes Return coach travel and entrance fee into
Thursford Christmas Spectacular including the show.



Going wild for carnival's return

SEE PAGE 13

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A Morrison's fishmonger has been chosen to be in the supermarket's new TV advert. Dawn Clarke, who has worked at the Elder Gate store since its 2014 opening, said she felt 'honoured'.



Cow's that for a comedy award?

SEE PAGE 18



SEE EDUCATION

Daughter jailed for 'despicable' fraud

BY SCOTT KIRK

scott.kirk@onemk.co.uk

A 38-YEAR-OLD woman who falsely claimed her mother suffered a stroke in order to pocket nearly £30,000 in income protection payments has been jailed for 16 months.

Natalie Busbridge, pictured, of Astwood, Newport Pagnell, was sentenced on Friday, March 18 at the Old Bailey to 16 months in prison, having previously pleaded guilty to three counts of fraud by false repre-

sentation. The frauds were investigated by officers from the Insurance Fraud Enforcement Department (IFED), part of the City of London Police, when Busbridge mistakenly sent a set of forged documents linked to one of the policies to another insurer she was also claiming from.

Between March 2011 and February 2013, Busbridge received a total of £27,913 in insurance payouts after making fraudulent claims on various income protection policies.

Financial investigator Simon Styles

from the IFED, who investigated the case, said: "This was a despicable act by Busbridge, who concocted several stories in order to exploit her mother's ill-health for her own financial gain.

"The fact that she set up the first income protection policy when she wasn't even employed shows that from the outset, her intention was to make fraudulent claims.

"However, it was her

own greed and hubris that led to her being caught and she is now facing the consequences of her actions."

Busbridge told officers that although she received carer's allowance to look after her mother, she had altered details on Department for Work and Pensions letters to support her bogus claims and was not in work when she made the claims.

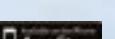


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Conservatory Too Cold In The Winter?



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Are you **deafened** by the **noise of rain**?

Is there **constant condensation**?

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A Comfortable Tiled Roof transforms your room into a useable environment due to its superior insulation and sound absorbing qualities.

Some of the innovative features include:

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Conservatory Too Hot In The Summer?

Do you suffer from an **unbearable heat**?

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Does your conservatory **furniture fade**?

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Storm Katie leaves charity needing help

A CHARITY is appealing for people to help after Storm Katie caused damage to a shed where key items are stored.

Graham Sherman, *pictured*, runs the Jessica Sherman Charity in memory of his daughter, who was stillborn at 39 weeks.

In their shed in Whiteley Crescent, Bletchley, the charity keeps items such as clothing to sell but the felt on the roof came away during Storm Katie on Easter Monday, which means they are now at risk of being damaged by water.

"There are a lot of charities about and we're all after the money but it was just if someone could help us fix the roof," said Graham, 45, who runs the charity with wife Ruth.

"The felt has ripped and it can't be put back on."

Graham added that with limited funds, it was important to make sure that the equipment was kept waterproof.

If you wish to help email info@tjsf.co.uk



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Plan for new 'super tram'

BY PHILIP MCLEENEY

philip.mceleney@onemk.co.uk

A NEW 'super tram' to bring people from the M1 to the city centre could be built, despite some mixed reactions from residents.

The proposal comes as part of MK Labour's transport manifesto – which also includes plans for a new CMK bus station and a freeze on parking prices.

But after it held a meeting about gridlock in the area last Wednesday, Preserve Bow Brickhill has expressed its disappointment at the manifesto.

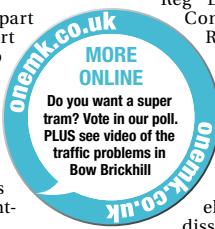
A spokesman told OneMK: "Bow Brickhill is disappointed that the council isn't looking at the existing problems

or the residents' concerns. They need to take a realistic look at what is happening for the whole of Milton Keynes."

However, others have claimed the super tram has long been part of the plans for Milton Keynes.

Reg Edwards, secretary of the Consortium of Bletchley Residents' Association, said: "I stand to be corrected but I've not seen a public survey on how to improve transport in Milton Keynes and particularly talks with the business sector.

"My personal view is that Milton Keynes needs a fast electric tram service not dissimilar to other big cities in England and the sooner plans are put together to achieve this objective the better."



Do you want a super tram? Vote in our poll.
PLUS see video of the traffic problems in Bow Brickhill

If we have published anything that is factually inaccurate, please contact the editor, Cally Jenkins on (01908) 689595, via email at letters@onemk.co.uk or post to: The Editor, OneMK, 1 Diamond Court, Fox Mill, Milton Keynes MK15 0DU and, once verified, we will correct it as soon as possible.

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Landmark pictures revealed

IMAGES of Milton Keynes' most famous landmarks being built have been shared exclusively with OneMK in preparation for the city's 50th anniversary celebrations.

Malcolm Anderson from Woughton-on-the-Green was Milton Keynes Development Corporation's chief land surveyor. He has images of Xscape, right, MK Theatre, bottom right, and Milton Keynes Central train station being built. Share your pictures and memories at editor@onemk.co.uk



Visit our website for more pictures
onemk.co.uk



Hoax phone calls

BY PHILIP MCELENEY
philip.mceleney@onemk.co.uk

A WARNING has been issued after a number of residents received hoax phone calls from people claiming to be a council highway officer.

Several residents received bogus phone calls when they were asked for details about an accident they were involved in during the last three years.

After claiming they did not know anything about an accident, some of the residents were also subjected

to verbal abuse by the fake callers.

A number of residents have reported cases to Milton Keynes Council, which has prompted it to put out a warning.

A council spokesman said: "Be very aware and very careful and if someone rings with this line then contact the council.

"The calls were clearly bogus and we have had a number of complaints about them."

The callers' purpose is not known but the council has

urged anyone who receives a call from someone asking for accident information and claiming to be a council highways officer to not give any details to them.

It says this is definitely not a legitimate call from the council and instead of talking to the hoax callers, residents should hang up immediately and call the council.

Anyone who receives a call like this should contact the council's environmental services team on 01908 252353.

oneMK briefs

Order for sex assault

JAMES Sutherland, 24, of Western Road, Wolverton, was given a 12-month community order, five years on the sex offenders' register and told to pay £710 for sexually assaulting a girl and buying a child alcohol.

Teens attack man

A MAN was attacked by a gang of black teenagers on Sunday in Gurnards Avenue, Fishermead, at 4.20pm. Witnesses should call 101.

Robbery charge

AHMED Ismail, 26, of no fixed abode, was charged last Tuesday with robbery in Currier Drive, Neath Hill.

Drugs gang jailed for 90 years

A MAN who was part of a £13million drugs gang has been jailed for seven years.

Blake Ross, 46, of Kingsfold, Bradville, pleaded guilty to possession of heroin, cocaine and cannabis with intent to supply.

Ross is one of nine to be jailed for their roles in the gang, with sentences totalling

90 years. The gang was run by two drug lords who were in an open prison and being rehabilitated back into public life.

They continued to run their drugs enterprise while on day release.

The convictions came after an investigation by Northamptonshire Police.

Deadline for Plan:MK views

THE Fred Roche Foundation hosted a talk focusing on the importance of green space in Milton Keynes and how it defines the city, ahead of the deadline for comments on Plan:MK.

The plan will set out the

development of Milton Keynes over the next 15 years, with members of the public able to comment on the proposals until Wednesday, April 6.

Three speakers gave their views at last Wednesday's talk. See more at onemk.co.uk

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OneMK (formerly MK News in print and MKWeb online) is proud to be the truly local newspaper for Milton Keynes and the surrounding areas. For more than 12 years we have been working to keep our audience up to date with everything Milton Keynes. We are constantly looking at new ways to improve our service. If you have feedback for us, please contact anyone listed below.

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TELL US YOUR VIEWS

DO YOU AGREE OR DISAGREE with the stories in the paper or have you a view on an MK subject you want heard? Letters must arrive by noon on Monday, include your full name and address and should be kept short, to the point and may be edited.



Yourviews

Letters to The Editor, oneMK, 1 Diamond Court, Fox Milne, Milton Keynes MK15 0DU | letters@onemk.co.uk

How did councillors vote?

Send us your picture to win a funny prize



This week's photograph of Brickhill Woods was taken by Sean Perry

Email us your favourite pictures of Milton Keynes at pictures@lsnmedia.co.uk



HERE at OneMK we know the lovely pictures you send in put a smile on our readers' faces so we have joined forces with the award-winning The Comedy Cow to keep you smiling.

Each week we will be giving two free tickets to upcoming events in one of the club's three venues across MK to the reader who sends in the best picture of our city. Winners can use their tickets to choose from a host of stars coming to Milton Keynes.

For details on The Comedy Cow's future events visit thecomedycow.co.uk

For more on The Comedy Cow, turn to page 18

comment

Jon Brett

His column written exclusively for OneMK

ONLY in Milton Keynes could they put up paradise where once stood a parking lot.

Okay, so a new sports pavilion and artificial pitch isn't quite paradise and, to be honest, the car park that currently occupies that spot is unsightly and overgrown, but is it really a good use of the space in the commercial hub of the city centre?

Should we not be seeing something a little more innovative than plastic grass and floodlights so close to the rail station on what is such a prime location?

But I guess some thought has gone into it – it's right opposite the Jaipur.

So after a game of five-a-side, it's a slap-up Indian feast. Or over the road to Argos for some new shin pads.

That lower stretch of Avebury Boulevard has, in my view, always been the poor relation to the rest of CMK, certainly in terms of development. It almost seems to have been overlooked.

At least a football pitch will prevent more unsightly Hub-style tower blocks blighting the landscape, which can't be a bad thing.

More on this on page 15

CAN the public be told the names of the councillors and how they voted at the development control meeting that approved the plans for building a waste centre at Willen?

If any of the councillors are in my ward and voted for it, they can be assured that I won't be voting for them at the next election, no matter which party they belong to.

I hope that the 8,600 people who, like myself, signed the petition will feel the same as I do.

Many thanks to Cllr Sam Crooks for organising the petition and we share his view that Willen is the jewel of Milton Keynes and should remain so.

Jim Davis
Sent via email

What a waste of space

MILTON Keynes has few, very few, areas of true peace.

Not everyone lives in our rural areas or Stony Stratford and Olney.

For urban residents, Willen Lake is their countryside. It is MK on the lake.

There are many areas that would be better suited to the type of works proposed (if it is needed at all) ('Waste centre won't be noisy', OneMK, March 23)

There are times when one has to

say no. This is such a time. We have to trust that because our leaders can do something (such as pass the plan) they don't have to.

Alderman Paul Bartlett
Sent via email

For more on this story, turn to page 13

New chapter for library

I WAS interested to see that Julian Self from Wolverton is 'happy to pay for services, understands the need for cuts and would happily pay more to protect the things we hold dear' (Your Views, OneMK, March 23).

That's okay with me, but the part of the letter that I have issue with is the fact that he quotes the announcement from the council that 'no library in MK will close'.

I am tired of having this rammed down my throat by every political party in Milton Keynes.

I understand that this subject doesn't interest him personally because he has no children and seldom uses public libraries.

If he did use the libraries and did have children he would maybe look into this situation more closely.

My local library is Westcroft in Milton Keynes. It is a credit to the community and I would like to

make it clear to this gentleman that although it will remain open it will be under very different circumstances.

The staff have been obliged to reapply for their jobs, which are no longer guaranteed, and the wages of some will be reduced.

The hours of opening will be reduced, by more than seven hours. The library will be closed all day on Sunday.

It is a possibility that the library will be moved to a less accessible location at Westcroft later this year.

The very popular children's club, which is considered a vital part of the service, is to be changed and will no longer be free of charge.

If the gentleman did have children and needed the library he would in future no longer be able to bring them during the week after 5pm, or on a Sunday. Three hours on a Saturday would be his only choice.

I realise and understand that none of the points I have made will be of interest to your letter writer, but I wonder if any other of your readers are aware of what is happening to our wonderful library service and would perhaps like to join in this debate.

Barbara Burgess
Tattenhoe

Your messages on our Facebook page about the traffic issues in Bow Brickhill /OneMKNews

Christopher Gilbert: "The residents raise some good points. Surely this council realises that with these new homes the proper infrastructure is necessary to maintain standards of public services?"

Lyndsey Latarche: "While the traffic currently is as bad as other towns and

cities the rapid growth rate of MK is the separating factor. Is the planning of sustainable infrastructure relative to the accelerated growth?"

Giulia Debollario: "I've been here four years now and it is getting worse, for example Monks Way. If they build more houses, like they are doing

down near Kiln Farm, it's going to get even worse!"

Allan Ainsworth: "If the grid square had been completed as designed 30 years ago (with many roundabouts set to one side in readiness) the 'funnelling effects' of traffic would have been avoided and grid lock prevented."



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Public in favour of leaving

WE ASKED you in an online poll whether Britain should stay in the EU or leave and hundreds of you gave your opinion.

A total of 32 per cent said you thought the UK should stay in the EU.

But more of you think we should leave, with 56 per cent of you voting this way, while

12 per cent weren't sure what Britain should do.

And the results shouldn't be too much of a surprise as Milton Keynes is one of the most eurosceptic places in the UK, according to new research from YouGov.

Ahead of the EU referendum, YouGov polled more than 80,000 people

across the UK, including 337 from Milton Keynes, and ranked 188 areas based on how eurosceptic the residents are, based on their answers.

The research found Milton Keynes is the 14th most eurosceptic place in the UK, with YouGov branding it 'relatively eurosceptic'.

Expert opinion on the EU vote

BY PHILIP MCELENEY

philip.mceleney@onemk.co.uk

IN THE lead up to the EU Referendum which will be held on June 23, Anne Wesemann, a lecturer in law from the Open University, talked to OneMK about the key points that will affect voters.

Travel: "If we leave the EU we might see longer delays when it comes to arriving at certain places, although I don't believe that it will be a big difference as the UK isn't part of the Schengen Agreement."

Prices: "It's not so much the UK exports, I can see a big impact on UK imports if we leave the EU. If we take into account how weak the manufacturing industry is in the UK – a lot has been brought in via EU countries. The consumer might see prices go up, but it depends on what sort of deals the UK Government makes with EU countries."

Workers' rights: "Things like gender equality and maternity leave are based on EU law that has come to the UK and the UK has to implement. A total of 44 per cent of EU legislation relating to equality is rejected by MPs. If the UK gains sovereignty back in that area, they might take certain laws back, which might limit maternity and paternity leave. They could potentially reform working rights objectives too. It's really difficult to say at this time what will be the priority."

Immigration: "We can't tell for sure what will happen to EU citizens living in the UK at present. Some will have children born in the UK who are



Opinion: Dr Anne Wesemann gave her views on the main points

UK citizens and those are quite likely to stay here.

"The UK might still have a high demand on skilled work-

ers. Is the UK still attractive to workers if it leaves the EU?"

To vote in the referendum, register at www.gov.uk

Tories boycott 'stay' debate

MK COUNCIL has voted in favour of supporting continued EU membership but the Conservative councillors refused to take part labelling the timing of the debate 'disrespectful'.

The Conservative group claimed the terrorist attacks in Brussels meant it was wrong to vote on whether to give support to the UK remaining in the EU.

But some of the remaining councillors from the Labour and Liberal Democrat parties

thought last Wednesday's walk-out was merely an act to cover up divisions within the party.

The motion read: "That this council, mindful of the economic, social and cultural value to the United Kingdom and Milton Keynes and membership of the European Union, places on record its support for continued membership."

Cllr Sam Crooks, who proposed the motion, said: "We have to go on living our

lives as we would normally live them. If we stopped doing that we have given in to terrorism."

The Conservatives walked out when the debate started and returned to the council chamber after the vote, with some councillors saying the vote would do damage to the council's reputation.

Conservative leader Cllr Edith Bald said: "None of my group will be taking part in this, we think it's hugely disrespectful."

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Welcome to the Jungle

Stellar effort: Jeff Stelling, left, with Dons chairman Pete Winkelman at stadiummk on the eighth leg of his walk



Unbelievable! Presenter pops into MK

SKY Sports presenter Jeff Stelling popped into stadiummk on Easter Monday as part of his mammoth walk to raise money for prostate cancer charity Men United.

The popular presenter met Dons chairman Pete Winkelman, manager Karl Robinson and head of coaching Richie Barker on the walk, which began at Northampton Town's

Sixfields Stadium. Jeff is walking 10 marathons in 10 days, which started from his boyhood club Hartlepool United and finishes at Wembley today.

Fundraising in memory of Pat

BY PHILIP MCELENEY

philip.mceleney@onemk.co.uk

PATRICK Allen's family have set up a Crowdfunding page in his memory to raise money for a soup kitchen, in an effort to help others in a similar situation to him.

Mr Allen, pictured, who was known to the homeless community, died on the weekend of March 12 and 13.

And now his family have set up a page to raise money for the MK Soup Run – which Mr Allen had used before.

His sister Hayley Thompson said: "He was well-loved and we would like to say thanks to everybody for their kind wishes."

A private funeral has already



been held for Mr Allen and his nephew Martin, who lives at the YMCA, explained why they set up the Crowdfunding page.

He said: "Our family talked about what we wanted to do

and we want to donate to help other people like Pat on the streets.

"I was quite close with him, he was a great and kind person. He was taking the right steps but not getting the right help."

Both Martin and Hayley think more needs to be done to help the homeless in MK and hope their fundraising will help.

Hayley added: "There isn't the help that these guys need. We did as much as we could do for him. It's not only him, other people need services too."

The family are asking for donations solely for the soup kitchen. For details on how to donate, go to onemk.co.uk

oneMK briefs

Arrest after crash

A 35-YEAR-OLD from Stony Stratford has been arrested for failing to stop at an accident on the roundabout at Old Wolverton Road and Stratford Road on Good Friday. The man was also arrested on suspicion of causing injury by dangerous driving and driving under the influence of drink or drugs.

III Redway man

POLICE are trying to find a man taken ill on a redway in Chaffron Way last Tuesday night. Call 101 with details.

Shoplifter campaign
CRIMESTOPPERS has launched a campaign to reduce shoplifting in the city.

Driver questioned after crash

A 23-YEAR-OLD man has been interviewed by police on suspicion of causing death by dangerous driving and possessing drugs after a fatal collision on the A429.

The man, who is from Milton Keynes, was questioned by Gloucestershire Police following the collision on the

A429 at Fossebridge on July 23, 2015, when an Audi Q7 and a Vauxhall Astra – both from Milton Keynes – collided with a lorry travelling in the opposite direction.

The passenger of the Audi, a 25-year-old man, and the 38-year-old male driver of the Vauxhall both died.

First refugees set to arrive

THE first refugee families fleeing the war in Syria are expected to arrive in MK as early as mid-May.

A total of 20 families are expected to be welcomed to the city during the next four years in staggered stages.

A council spokesman said: "There will be two families in this first expected group and we are currently working with the Home Office to make this happen.

"The project is fully funded by the Government."

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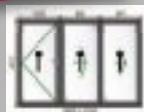
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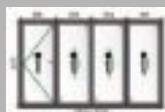
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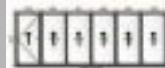
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Three suspects in most wanted

BY PHILIP MCELENEY

philip.mceleney@onemk.co.uk

CRIMESTOPPERS has listed three suspected criminals from the city among the most wanted in the country.

One of the suspects is Nicholas Dobson, who is wanted after he breached a court order made by Milton Keynes Magistrates' Court.

He is also suspected of a number of shoplifting offences and is still thought to be in the Milton Keynes area.

He is described as being about six feet, of slim build and with no facial hair.

He also has a cropped, straight haircut and looks as though he is aged between 25 and 30 years old.

There are another two suspected criminals from Milton Keynes who are listed on the Crimestoppers website.

They are included in the 'most wanted' section after a distraction theft took place in the Aldi car park in Bradwell Common Boulevard.

Police are appealing for help to identify the two people in the CCTV images who, they



Suspects: Nicholas Dobson, left, and the two suspected thieves

suspect, watched a shopper enter her PIN while she paid for goods in the store before following her outside.

They suspect the pair then distracted her and stole her handbag from her car and want to question

them. If you have any information about Dobson's current location or the identity of the man and woman, call police on 101.

Alternatively, you can contact the charity Crimestoppers, anonymously, on 0800 555 111.

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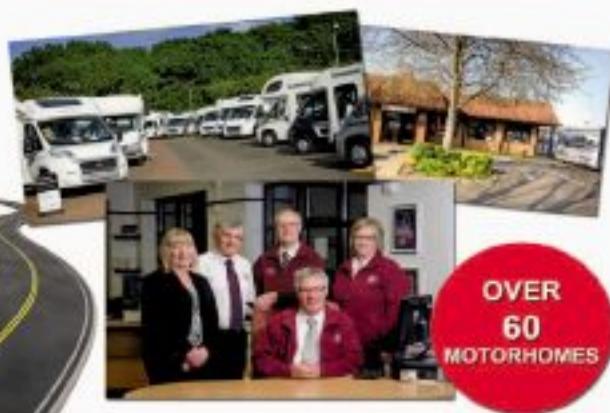
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The Wild West rolls into town

A MARIACHI band played to unsuspecting members of the public in Bletchley on Thursday.

West Bletchley Carnival organised the flashmobs to celebrate its Wild West theme.

The carnival will take place in Rickley Park on June 11. The flashmobs happened in Melrose Avenue, at Rickley Park School and on the junction of Whaddon Way and Shenley Road.

Centre could be ready in a year

BY PHILIP MCELENEY

philip.mceleney@onemk.co.uk

THE developers behind the waste transfer centre by Willen Lake hope to be fully operational in a year's time – and have reassured residents the site won't be an eyesore.

Plans for the waste centre were approved at an MK Council meeting last Tuesday, despite complaints from a number of local groups.

And now developers, Mick

George Ltd, have spoken about their future plans.

Financial director Jon Stump said: "A big point now is that we will try to engage with the local communities.

"We're hoping this time next year they will have a completely different opinion of us. I would like to think that this time next year we have a fully operational site."

One of the concerns Willen Hospice residents had was the

height of the new six-storey building.

"The Parks Trust has offered to allow us to put some screening on their land," Mr Stump explained.

Paul Hinson, chief executive of Willen Hospice, said: "As guardians of our patients' experience at the hospice, we will continue to work with all local stakeholders to help ensure the peaceful environment is preserved for those we care for."

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policy of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, and with a new 10year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.'

Locally Cloudy2Clear service the Bedford, Milton Keynes &

Leighton Buzzard areas and manager Stephen Moon agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

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Pain into poetry

A SON has published poetry following his father's suicide to detail his experience and guide others in the same situation.

Darryl Smith, 23, who lives at the YMCA, started to write following the nightmares he suffered after his dad Neil hung himself in May.

He said: "I was absolutely distraught, it was the worst I have felt in my lifetime. It helped me feel better when I wrote it down."

How to cope with suicide with poetry, Poetry after death and Death love long die short are all available to buy on Amazon.

Users could net parking spaces

BY PHILIP MCELENEY

philip.mceleney@onemk.co.uk

CONCERNs have been raised about parking at a new sports centre, which will be built in an area where commuters and workers already struggle to find a space.

Plans for the sports facilities – which include a football pitch and sports pavilion – on an existing private car park in Elder Gate, CMK, were approved at a meeting of

Milton Keynes Council's development control committee last Tuesday.

But Councillor David Lewis, who sits on the committee and voted against the plans, feels the lack of parking at the site could be a problem.

He said: "You could easily have over 100 people there at a time. They could be

competing with shoppers and workers for spaces."

Just two disabled spaces and two minibus spots will be provided as part of the centre's on-site car parking.

As previously reported, OneMK is campaigning for fairer parking for workers who struggle to find a space in CMK.

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Son thanks parents after bike accident

BY PHILIP MCELENEY

philip.mceleney@onemk.co.uk

AFTER they helped him recover from a serious motorcycle accident, a son has shown his appreciation to his parents by presenting them with a new car and £10,000.

Mick Daniels drove his son John to and from the hospital to attend physiotherapy sessions nearly every day after he was involved in a major crash last year.

On Monday at the Suzuki showroom in Old Stratford, John presented his retired parents with a cheque for £10,000, as well as a new Suzuki Vitara SZ-T compact SUV in recognition of the help his dad had given him during his lengthy recuperation.

After receiving the keys to the Atlantis turquoise-coloured car, which will replace his existing ageing vehicle, Mick said: "It was a real surprise to see the car waiting for us when we arrived at the dealership and we were completely taken aback by John's amazing generosity.



Gift: John Daniels, still with a sling, presents the keys to the car to his parents Mick and Maura at Progress Suzuki in Old Stratford

"We did what any parents would have done for their children in these difficult circumstances and we were not looking for anything in return.

"However, we are delighted with the new car and the exceptional gift and we look forward to spending many enjoyable years together on the road."

John had contacted Progress

Suzuki manager Matt Crathorn a few weeks ago and told him what he had been through.

Matt said: "It was a pleasure to help him to arrange the delivery of the car in time for the arrival of the new March registration. We were also delighted to be a part of the happy ending to what has been a challenging journey for the Daniels family."

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SPRING into action!

For many of us, spring is the season to rejuvenate. With the days getting longer – and (hopefully) the weather getting warmer – it's the perfect time to take a fresh approach to your weight loss, health and happiness.

Here, Julia Westgarth, Programme Development Manager at Weight Watchers UK, offers three top tips to help you feel in control and ready to hop, skip and jump your way into summer.

 **Julia Westgarth** Weight Watchers



1 Shake off the food fatigue The change in the season is a perfect opportunity to experiment with seasonal foods and keep your meals fresh, vibrant, healthy and bursting with variety. Add a splash of colour with purple sprouting broccoli, stew Bramley apples with rhubarb and a dash of brown sugar to stir into low fat yogurt, and revamp your roast with tender spring lamb and flavoursome Jersey Royal potatoes.



2 Don't hibernate – activate! Make the most of longer days to sit less and move more. Being active brings so many health and weight-loss benefits, and can also reduce stress. Relax and unwind with an early evening walk, or swap the sofa for the swimming pool at the weekend – your body will thank you for it.

3 Pump up the positivity Happy people make healthier choices, so by focussing on what makes you smile, putting yourself first now and again, and doing things that make you feel good, you'll be well on your way to becoming the happier, healthier person you want to be and reaching your weight-loss and wellness goals.



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Winner: Ben Robinson, who co-founded and organises events at The Comedy Cow, which has won a Chortle Award for the best club night

Laughing with award

BY SCOTT KIRK

scott.kirk@onemk.co.uk

A COMEDY club that provides laughs for hundreds of people every month has won a prestigious Chortle Award.

The Comedy Cow, which puts on regular shows at the red dot bar at stadiummk, York House in Stony Stratford and The Casino MK, won the category for best club night in the East and Midlands area at a glittering awards ceremony in London.

It is the second year in a row it has picked up a Chortle Award, with some big-name

comedians among the other winners.

The win will help the club attract big names, with the likes of Russell Kane, The Boy With Tape On His Face and Lee Nelson having already performed there in the last year.

"We're really pleased with

OTHER WINNERS

- Best Show – Joe Lycett
- Best tour – Katherine Ryan
- TV Award - Peter Kay's Car Share
- Outstanding Contribution – Vic and Bob

what we've achieved over the last few years," said co-founder Ben Robinson, who also teaches at Oakgrove School.

"To have that backing from Chortle shows that acts can come to us for a quality night where they can showcase their abilities.

"It's a bit of a nice cycle that we're in because this attracts more people through the door, which attracts more comedians. This industry award opens more doors for us. It's a really good award and we're proud to have achieved it."

■ To find out who will be appearing at the club next, see MK LIFE

IS YOUR FINAL SALARY PENSION SCHEME BAD FOR YOUR WEALTH?

Tony Byrne, Managing Director, Wealth & Tax Management, Chartered and Certified Financial Planner and author of Wealth Magic.

It has long been a commonly held view that so called final salary pension schemes are sacrosanct. They are generally regarded as gold-plated and secure. However, since the new Pensions Freedom rules were introduced by the government on 6 April the whole ball game has changed significantly.

One of the many pensions changes introduced was the ability to not only leave your money purchase pension to your spouse but also to other members of your family such as children and grandchildren. This means that if you want your pension to survive you and benefit your family you can now do so because your pension need not die with you. The problem with final salary pensions is that like annuities they die with you. Pretty much the best you can hope for is that your final salary pension scheme will provide a 50% widow's/ widower's pension on your death. On the second



Tony Byrne

of your deaths it dies with you. This is particularly pertinent if it is a large pension.

We have a male client who is in his fifties with a wife and children. He has a company final salary pension scheme worth c.£900K. In the last year he has been diagnosed with cancer and although he has recently been given the all clear his life expectancy will probably be much reduced. He is quite wealthy and has other large pensions so retirement

income is going to be plentiful in any case.

We did a cashflow forecast comparing the income from his final salary scheme with that from a personal pension based on the pension transfer value offered by his previous employer's pension scheme. We assumed investment growth of just 5% p.a. in a new personal pension. Staggeringly for all time periods up to and way past retirement his and his widow's personal pension income was no worse than the income from his final salary pension scheme would have been. More importantly the value of his personal pension fund did not fall much at all in value! This means that his family in this situation would have been substantially better off to the tune of nearly £900K! He decided to transfer his pension preferring the "bird in the hand" approach.

Please do bear in mind this is just one isolated case. Every client's situation is different. Professional advice is essential.

If you are approaching retirement and/or considering early retirement and need advice why not get in touch?

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'Prehistoric' nature reserve is a one-off

BY SCOTT KIRK

scott.kirk@onemk.co.uk

A ONE-OF-A-KIND nature reserve that aims to recreate how an area of land would have looked thousands of years ago is nearly finished.

The Parks Trust is just a few weeks away from being able to fully open the Floodplain Forest Nature Reserve in a section of the Ouse Valley Park in Old Wolverton.

The aim is to bring back a host of wildlife to the area, with otters, butterflies, dragonflies and rare birds like red shank and lapwings already returning to the 48-hectare site, which had been used for grazing. The site will also provide a better habitat for fish and grass snakes.

The trust's biodiversity officer Martin Kincaid is also hopeful that the very rare water vole may return.

He said: "It's a unique landscape that we are trying to replicate that nobody has seen for thousands of years. Nobody knows what a floodplain forest should look like as it's a prehistoric landscape.



Getting back to nature: The new reserve will soon be fully open

The idea of a flooded forest was touted in 2001 by the trust's former wildlife conservation officer Mike Street, who believed habitats of this kind were reaching very low levels in Europe.

New footpaths made out of recycled tyres have been constructed and most of the site is now open for people to look at. There are also three bird hides for twitchers, two of which are already available to use.



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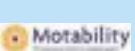
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What could office

MILTON Keynes Council has announced it will re-examine the cost of its Future Working Programme, which includes a multi-million pound refurbishment of its Civic Offices.

The authority has seen £21million of its budget cut this year – about 10 per cent of the total amount.

It plans to sell one of its two offices and move all its staff into the main building and spend taxpayers' money refurbishing it.

In a heated council meeting last Wednesday, councillors debated the merits of the proposal.

Here OneMK takes a look at how the money for the refurbishment – estimated to be between £6million and £10million – could be spent.



Conservative leader Cllr Edith Bald commented: "I first raised issues about this proposal in July but the council has had its head in the sand, refusing to face up to the real costs and unable to accept that it has got things badly wrong. How can Cllr Middleton justify spending £10million on office upgrades when MK faces a housing crisis and is overspending?"



Cllr Rob Middleton, Labour's cabinet member for resources and commercialism, said: "The budgeted cost of this is £6million but what I think is really important to recognise is that the payback is nine years. This is simply a cost-cutting measure. "It's simple economics – if you have two buildings then you spend more running both than if you only have



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Housing

According to Cllr Bald, £10million would build 100 council houses.

Milton Keynes is currently in the grip of a housing crisis – all of the parties agree on this.

There are reportedly more than 500 people in bed and breakfasts, many of them out of the area. Last year the YMCA turned away 600 people looking for somewhere to stay.

A current council policy is for developments to include 30 per cent affordable housing, but this is not always part of proposals.

Council tax

Council tax has risen by 1.95 per cent this year, with an extra precept of two per cent for adult social care.

This means the average taxpayer in MK will be paying £57.31 extra this year. With £10million, 174,489 people could have their tax kept at last year's level.

Parking

The price of parking in a red bay in the city is £2 an hour and 50p an hour for purple bays.

Given you have to pay to park in the bays between 7am and 6pm, the council charges just over £8,000 a year for each red bay.

With £10million the council could convert 1,666 red bays into purple bays for a year.

Pink sacks

The council could continue to deliver the 11.7million pink sacks a year it is planning to replace with 'reusable recycling receptacles' – which would probably be a heavy-duty style bag – in a bid to save £500,000.

Redways

A £85,600 grant from the Heritage Lottery Fund for a redways project will focus on four estates.

The refurbishment money could be spent improving all the redways, which would stop people risking their lives by crossing the grid roads.



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Meet and greet: Prince Edward talks to dignitaries and Ousedale students



Saying hello: The Prince spent time meeting youngsters when he arrived

Prince has a



royal time at school



Taking aim: Prince Edward tried his hand at archery in the sports hall during his school visit

BY CHRIS KNIGHT

chris.knight@onemk.co.uk

HRH Prince Edward visited Ousedale School last Wednesday to see first-hand the difference The Duke of Edinburgh's Award makes to young people and communities.

Addressing the school in Newport Pagnell at the end of his visit, he said: "Thank you very much for inviting me.

"It has been great to see a little glimpse of, not just the school, but also the activities you do on the award."



Welcome: Excited year seven and eight pupils wait outside

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Zombies are taking over:
Carl Mason will film First Response from a police car in Shenley Brook End at the end of next month

Shooting for funding

BY SCOTT KIRK

scott.kirk@onemk.co.uk

AN AMBITIOUS young filmmaker is aiming to shoot his next short movie in just one take.

Carl Mason, 17, will film apocalyptic crime thriller First Response at his home in Shenley Brook End with a crew that includes people who have worked on films and TV shows like Harry Potter, James Bond and Doctor Who.

The five-minute film follows police officers called to a domestic disturbance

involving a man who they believe murdered his wife, until it becomes apparent the world is coming to an end when they get multiple calls about zombies taking over.

"I just wanted to do something completely different," said Carl.

"I've always been interested in this genre."

He added that shooting the film in one take would require two days worth of rehearsals before filming takes place on April 24.

The movie, which Carl hopes to enter into film festivals, follows the success he enjoyed with last year's Imagine, which was inspired by the city-based Hope for Hollie Foundation and has had more than 300,000 views on YouTube.

Carl has set up an Indiegogo page to help pay for travel expenses, catering, props, costumes and distributing the film.

To donate visit www.indiegogo.com/projects/first-response-short-film

Watch an interview with Carl online onemk.co.uk



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Education

Chance to win placement

BY SCOTT KIRK

scott.kirk@onemk.co.uk

AN ACADEMY has joined forces with one of the biggest companies in the world to give its students a unique opportunity.

MK Academy in Leadenhall has launched a competition that will give three of its Year 12 students the chance to look around the London office of Arcadis – one of the leading companies for global design and consultancy.

If staff are impressed by the students during their visit in June, they may even be offered a work placement at the company.

The academy's work to prepare students for life after school has won the seal of approval from Arcadis' category management assistant Kate Aspinall.

"It is a very special school and it sees its young people in the context of the wider world," she said.

"Its devotion to employability, skills and creative thinking is great and the teachers and staff

help bring the curriculum to life. It is very welcoming to employers as it really does listen to what the job market wants from young people."

As part of the competition, students have to write 500 words on how they would change the world if they had an unlimited amount of money.

Examples of what the students would do include building schools for children in the poorest areas of the world and helping disabled youngsters communicate.

It is not the first time Arcadis has worked with the academy.

The firm, which has an office in Avebury Boulevard in CMK, provides mentors for Year 10 students and runs a building design project with Year Seven pupils.

"Arcadis has been brilliant and the staff do all sorts for us," said Debbie Gockelen, director of business, enterprise and employability at MK Academy.

"The students who win this competition will get a good understanding of how a global company works."



Top class: MK Academy students Gabrille Lyimon and Amiee Edwards with Kate Aspinall from Arcadis, which is offering pupils the chance of work experience in a competition

HAVE YOU GOT A STORY ABOUT YOUR SCHOOL, COLLEGE OR NURSERY? CALL US ON 01908 689595 OR EMAIL editor@onemk.co.uk

Academies plan doesn't convince

A HEADTEACHER believes that turning all schools into academies is not the right way forward.

George Osborne put forward in his budget last week that all schools should at least be planning to become academies by 2020 as he believes it will improve standards.

But Tony Draper, *pictured below*, president of the National Association of Head Teachers and headteacher at Water Hall Primary School in Bletchley, believes this is too simplistic.

"The Government can't convincingly explain what benefit this will bring, but it wants it anyway," said Mr Draper.

"We have no problem with academies. We think the emphasis should be on school to school collaboration without concern about the exact legal vehicle.

"We hope that local authorities will reinvent themselves to offer services to schools. It would make sense to allow some authorities to establish academy chains."



Science Week is celebrated

YOUNG scientists at Busy Bees nursery in Browns Wood took part in a range of exciting experiments as they celebrated British Science Week.

Children got the chance to try their hand at early years' science, maths, technology and engineering in a range of interactive and educational experiments as part of the event from March 11-20.

Nursery staff helped children to experiment with

magical jelly while learning about chemical reactions when mixing soda water with vinegar to create exploding volcanoes.

Nursery manager Fiona Harvey said: "The staff look forward to British Science Week as much as the children do because it's a chance to come up with some relevant and captivating ways to demonstrate how exciting maths, science and technology can be. The

children are fascinated by all the different experiments."

Meanwhile, Walton High received a £500 donation during British Science Week for new physics equipment after being nominated for support by the team at Amazon's 550,000sq ft site in Marston Gate.

To celebrate members of the Amazon team visited the school and attended a Year Eight Mission to Mars-themed class.

New headteacher for St Paul's announced

ST PAUL'S Catholic School has appointed a new headteacher who will take up the post from September 1.

Jo-Anne Hoarty will replace Michael Manley, who has been headteacher at St Paul's for 22 years, when he retires at the end of August.

Mrs Hoarty was appointed to lead the Leadenhall school following a rigorous selection day in front of a panel of a that included several governors.

In response to her appointment, Mrs Hoarty said: "I am delighted that I have been given the

opportunity to serve the community of St Paul's as headteacher and I'm excited that I will be leading the school through the next stage of its journey.

"I'm looking forward to working closely with pupils, parents, staff, governors and our wider community to do the best that is possible for all who have an interest in our school's success and progress."

Mrs Hoarty, has worked at St Paul's for 20 years and has held a variety of roles, including head of English, assistant headteacher and deputy headteacher.



New era: Jo-Anne Hoarty will take over as the headteacher at St Paul's in September

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"Where Lives are Changed"

Hospital children

BY SCOTT KIRK

scott.kirk@onemk.co.uk

ONEMK'S charity of the year, The Henry Allen Trust, visited poorly children at Milton Keynes University Hospital on Easter Sunday.

The charity, named after four-year-old Henry Allen who died from Stage Four High Risk Neuroblastoma, handed out Easter eggs kindly donated by residents over the past few weeks so that children had some chocolatey

goodness to enjoy.

As many as 379 eggs were delivered to the city's hospital, as well as the John Radcliffe in Oxford.

As well as delivering the eggs, the charity put on a Big Easter Fun Day at the Old Galleon in Old Wolverton, with a bouncy castle and facepainting among the many activities that took place.

An Easter egg hunt and guess the bunnies game also helped to add to the

Easter festivities.

The trust provides financial aid and advice for families battling childhood cancer. It also grants wishes to those children and works alongside hospitals, including the one in Milton Keynes, to improve the treatment process for children with cancer.

Henry's story united hundreds of people across the city and the trust was chosen by our readers to be OneMK's charity of the year for 2016.



Egg-cellent effort: The Easter Bunny helped deliver eggs to children staying in hospital this Easter

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Star Wars invasion

VISITORS to the National Museum of Computing in Bletchley were met by characters from Star Wars on Saturday as part of a special sci-fi day. The occasion kick started a series of family events at the museum, which will run until April 10.

Adoption information evening: **Wednesday 6th April 2016 6.30pm-8.00pm**

Venue: SFCS, Collis House, 48 Newport Road, Woolstone, Milton Keynes, MK15 0AA

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New night-time air ambulance service

BY PHILIP MCELENEY

philip.mceleney@onemk.co.uk

A NEW night-time emergency helicopter service has been launched, which will respond to urgent medical needs across the city.

Two Thames Valley Air Ambulance (TVAA) helicopters will provide an additional seven hours of coverage every night until 2am.

The helicopters will remain operational in their respective counties for 12 hours every day and then take it in turns for a period of 16 consecutive nights.

TVAA's Airbus H135 helicopter is flown by highly-trained pilots operating with the latest-generation night-vision goggles.

Sir Tim Jenner, TVAA chairman, said: "Our unique partnership with the Hampshire and Isle of White Air Ambulance ensures there is a dedicated Helicopter Emergency Medical Services (HEMS) crew operational for an extra seven hours every night until 2am covering the whole of the South Central



Flight: The night air ambulance will now provide extra coverage

Ambulance Service (SCAS) region and the Isle of Wight.

"Working in close partnership with SCAS to man and deploy the service, our doctor-led crews deliver an advanced level of critical care to stabilise patients at the scene, identify their medical needs and get them to the most appropriate hospital for specialist care in the quickest time possible."

The helicopter is fully-equipped for night operations, meaning the

charity's specialist doctor and paramedic HEMS crews can bring life-saving care to seriously ill or injured people by night as well as by day, saving more lives.

Sir Tim added: "We are extremely proud of our air ambulance and its crew and the high standard of expertise and capability, which is a result of the very close partnerships we have with South Central Ambulance Service and the NHS."

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Seize the New Day



The New Day

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Beats, rhymes and manners

MUSIC venue MKII is quickly becoming one of MK's top spots and on April Fools' Day on Friday it is not fooling around.

Jetting in (on a private plane, probably) from deepest darkest Surrey, Mr B The Gentleman Rhymester is set to bring you his special brand of Chap-Hop.

His legendary live recitals have earned him plaudits, largely from top shelf gentlemen's quarters.

Mr B began his Chap-Hop career in the summer of 2007 when he decided to bring elements of his previous incarnations (UK rapper, jump-up breaks producer, banjolele maverick and dandy) together and create a genre.

A Piece Of My Mind, his first ditty, was released in Japan and its accompanying video and UK tour alerted the rest of the world to this new musical form.

Since then he has trotted the globe bringing his beats, rhymes and manners, as well as songs about cricket, pipe smoking, high society and interfering with livestock.

His videos have garnered millions of views on YouTube and his media appearances have included rapping for Jeremy Paxman on Newsnight, playing live on BBC Radio One for Rob Da Bank, Nick Grimshaw and Scott Mills, on Radio Two for Claudia Winkleman and Steve Lamacq, 6Music for Tom Robinson and Shaun Kenaveny and for Zoe Ball on Sky Arts.

He was also once the front page of the Wall Street Journal and was described by the Daily Mail as 'controversial'.

He may be all of the above but above all he is hilarious and you would be a real April Fool to miss him. The show Starts at 7.30pm and tickets cost from £6 at www.seetickets.com



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Fun runs for all ages and abilities with a choice of routes from 2km to 10km. Meet in car park off H2 Millers Way, Ouse Valley Park.

Wed 6 Apr, 1pm – 3pm **FREE** **PARKLAND PLAY**

Join the rangers for a family fun afternoon with games and activities. The rangers will be located in the Broughton Brook off Bleamore End, Broughton.

Wed 6 Apr, 7.30pm – 9pm **£5/person** **DISCOVER: GREAT CRESTED**

NEWTS

Learn about this protected species and take part in a search for these elusive creatures. Park at Linford Lakes Nature Reserve Education Centre, Wolverton Road, Great Linford MK14 5AH. Booking essential. Book online at www.theparkstrust.com.

Thu 7 Apr, 10am **£1/person** **WOMEN'S WALKING NETWORK**

Get to know your parks better and make some new friends. Walks are normally 4-5 miles and at a moderate pace. Meet in the car park on Merlewood Drive, off V2 Tattenhoe Street, Shenley Wood.

Sun 10 Apr, 10am **FREE**

EASY RIDERS

25 mile cycle ride on National Cycle Network route 51 to Winslow. Under 14s to be accompanied by an adult. Meet at Westcroft Library, Westcroft District Centre off H7 Chaffron Way.

Sat 16 Apr, 10am – 3pm **£20/person**

DISCOVER: BIRD SONG PART I

Learn to identify bird song. 3 part course, price includes all 3 parts. Part 2 is on Sat 30 Apr and Part 3 Thu 12 May. See theparkstrust.com for information. Park at Linford Lakes Nature Reserve Education Centre, Wolverton Road, Great Linford MK14 5AH. Booking essential. Book online at www.theparkstrust.com

Sun 17 Apr, 10am – 4pm **FREE** **FRIENDS OF LINFORD LAKES**

NATURE RESERVE OPEN SUNDAY

Join the friends of Linford Lakes Nature Reserve for an open day at the nature reserve. Bird hides will be open and refreshments available to buy. No dogs allowed. Park at Linford Lakes Nature Reserve Education Centre, Wolverton Road, Great Linford MK14 5AH.

Sun 17 Apr, 10am – 12pm **£5/entry** **ORIENTEERING**

Learn how to use a map while having fun in the parks. Run by South Midlands Orienteering Club. Visit www.smoc.info for details. Park at the Open University, off V10 Brickhill Street, Ouzel Valley Park.

Sat 23 Apr, 12pm **FREE**

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MKlife

The Stables
Gig guide
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MK Gallery

funnyman

COMEDIAN and writer Richard Herring is bringing his 12th stand up show to The Stables on Saturday, fresh off the back of a 94-date nationwide tour for his Edinburgh Fringe Show, *Christ on a Bike: The Second Coming*.

Titled Happy Now?, his new show explores happiness and weighs up whether people are meant to ever be truly content, or whether they should simply laugh in the face of the bad times.

The comedian has enjoyed cult success for his work as a writer and performer on BBC Two shows *Fist of Fun* and *This Morning* with Richard not Judy.

Tickets for the 8pm performance cost £15, and the show is suitable for those over 16 due to its adult content.

For more information, visit stables.org or call 01908 280800.



electrodub

STILL going strong after 23 years, electro-dub group Dreadzone will be coming to The Craufurd Arms on Saturday, April 9.

Despite a continual chopping and changing of group members through the 90s, Dreadzone still manage to deliver unique club nights with a fusion of dub and reggae.

Tickets cost £15 and entry is open to all over 14, with doors opening at 7.30pm.

For more information, visit thecraufurdarms.com or call the box office on 01908 313864.



charityrun

THE Easter holidays are finally here! And if you've managed to wangle the time off, then fantastic! Have a great break.

We checked out the Gruffalo Experience just before Easter. It's the big holiday attraction/distraction for the kids in Middleton Hall at the centre:mk until April 10.

We tagged along with a local school and our Gruffalo Guide led us in the footsteps of Mouse and we met The Fox, The Owl and The Snake, before we bumped into the Gruffalo, who posed for pictures!

We're teaming up with Cancer Research UK to support Race For Life 2016. If you've never taken part, then think about making 2016 the year you do.

There's an amazing atmosphere on the day and, best of all, you don't have to run the whole way!

It takes place on Sunday, June 12 and we'll be in Campbell Park for both the 5k and 10k events. Check out all the details at heart.co.uk

Tune in to Heart Breakfast with Stuart Miles and Katy Hill on Heart 103.3 FM, DAB, at heart.co.uk or via the Heart mobile app.

thebodyguard

ONE OF THE X FACTOR's biggest stars will be wowing the crowds at Milton Keynes Theatre when she takes on the iconic role played by Whitney Houston in The Bodyguard.

The three-time Brit nominee plays Rachel Marron, who has to be protected from a stalker by former Secret Service agent Frank Farmer.

"I'm really excited about The Bodyguard as it's such an iconic role," Alexandra told MK LIFE.

"I think it's a genius production. It's a real honour and a privilege to be part of but it's a hard show and that's what I like about it."

"It has been great taking it on tour and the reaction has been very positive, which makes it even more enjoyable."

Alexandra added that while she saw the film when she was younger, she hasn't wanted to watch it since she got the part.

"I've just tried to make it my own to a degree and I've put my own little spin on it so hopefully people will enjoy my take."

And it's not the last time audiences in MK will see the popular singer as she will be returning to the theatre in Sister Act at the end of September.

The Bodyguard is on at the theatre from April 12-23 and tickets cost between £18.50 and £52.50 from atgtickets.com



johnkearns

THE incredibly talented, multi award-winning comic John Kearns will be coming to Newport Pagnell for the first time on Sunday.

The comedy performer and writer – who won best newcomer at the 2013 Foster's Edinburgh Comedy Awards – will be performing at That Time Of The Month comedy club at The Cannon.

John's writing and performance credits include Psychobitches, Top Coppers and his own BBC Radio 4 series.

The show starts at 7pm and tickets can be bought online for £6 at wegottickets.com or on the door for £8.

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Saturday 2 April, 8pm RICHARD HERRING

Leading stand-up performs his new show Happy Now?

Tickets £15



Sunday 3 April, 8pm SAX APPEAL

An evening of jazz, blues and funk from Derek Nash and his band

Tickets £16.50



Tuesday 5 April, 8pm GREGG KOFI BROWN & SAM KELLY

A great evening of African jazz sounds from two iconic musicians of the 1970s

Tickets £15



Wednesday 6 April, 8pm ALY BAIN & PHIL CUNNINGHAM

Two of Scotland's finest folk musicians

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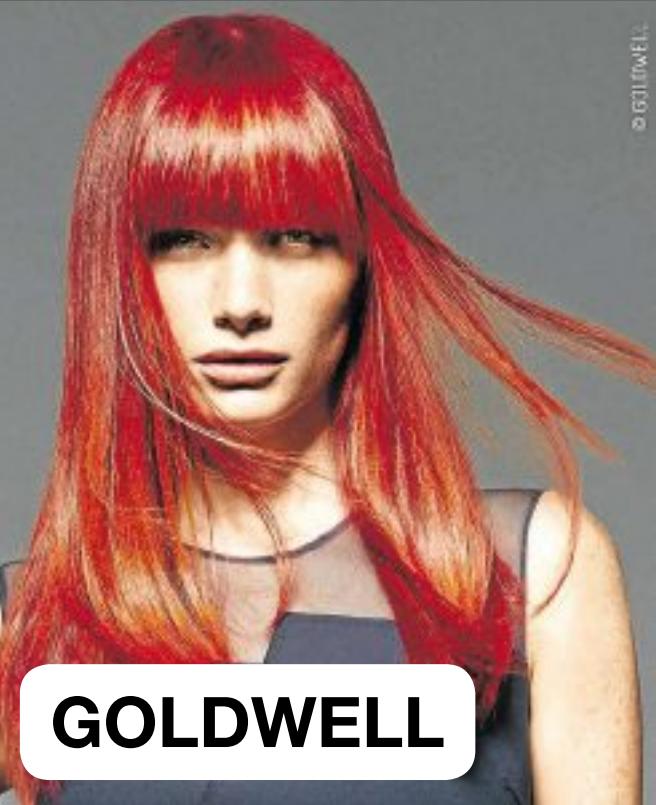
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MKlife

Movies

Columnists

West End

Out and about



filmreview

AS SOON as you mention Sacha Baron Cohen's name you know you've got a daft film on your hands, but *Grimsby* surprised me a little bit.

It was actually a lot better than I was expecting.

Some of the scenes were horrific mind you – anyone who has seen the film will shudder when I mention the word 'elephant'.

It is incredibly rude and isn't one for the faint-hearted, but there were some slapstick moments that I quite enjoyed.

There was a vague plot to the story that was a lot better than films such as *Borat* and I found myself watching the film with a bit of

a smile on my face thinking 'What on earth is going on?'

Mark Strong was superb in his role – he brought a bit of credence to the film and was a good hook for the rest of the action to hang onto.

There are some other decent actors in the film as well such as Penelope Cruz and Isla Fisher.

While I certainly wouldn't recommend you watch it with your parents, *Grimsby* is a good film if you want to have a laugh with a few of your mates.



Scott Kirk



DOG owners will have to comply with a new law from next week.
Here Amy Converse from Vets4Pets in Bletchley tells MK LIFE readers more about it

IT IS nearly April 6, which is when the microchip law for dogs will come into effect.

The reason for the new law is to encourage responsible registered ownership and improve the welfare of dogs in the UK.

Not only does a dog need to be chipped, but in order to be compliant with the law, the current registered ownership details must be updated in the microchip database.

Fines and criminal prosecution could be faced if dog owners do not comply

with the new law. A microchip is simple and inexpensive to implant and is about the size of a grain of rice.

If a dog is lost, the chip is scanned to find the 15 digit number.

This number is associated with the personal details of the registered keeper in the microchip database, allowing the owner to be contacted and reunited with their pet.

It is important when moving or changing phone numbers to make sure that the details are updated in case your dog does get lost.

kinkyboots

I CAN honestly say I have never laughed during a musical as much I did when I want to watch *Kinky Boots* in London.

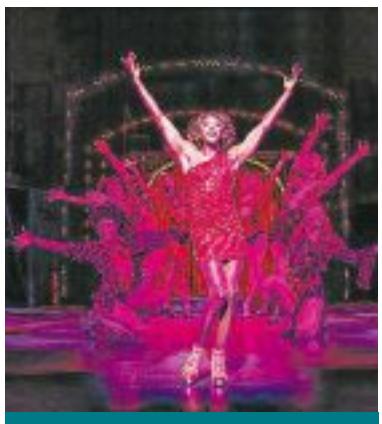
Before I went with my friend I didn't even know about the story of Price and Son's shoemakers in Northampton.

The musical tells the story of Charlie Price, who inherits the Northampton shoe factory from his father. To save the business, Charlie forms an unlikely partnership with cabaret performer and drag queen Lola.

With Lola's help, Charlie develops a plan to produce a line of high-heeled boots. But along the way they both go on some very big journeys.

With songs by pop icon Cyndi Lauper and an incredible cast, including some men that put us women to shame, I was left with a smile from ear to ear.

Jessica Duncan



newtsearch



IF YOU want to learn more about one of MK's fascinating animals, you can take part in a search for the elusive great crested newt at Linford Lakes Nature Reserve.

The Parks Trust will be leading a session on April 6 between 7.30pm and 9pm, where you can learn about these protected species before embarking on a search.

Tickets cost £5 and must be booked at theparkstrust.com. The event is only suitable for over 16s.

Your essential guide to events big and small throughout Milton Keynes

MKlife HOTPICKS



springtimefun

FROSTS Garden Centre in Woburn Sands will be holding its Springtime Fun! event from Monday to Friday, April 8.

Children can decorate their own ceramic cup, followed by a chocolate treat and a glass of squash.

It costs £5.99 per child and you can arrive any time between 10am and 4pm.



toptunes

DJ RUSSKE returns to WonderWorld after the success of his Christmas Party.

He continues his UK tour bringing a mix of grime, hip hop, house, R&B and UK garage to the city on Friday.

Supported by DJ Wreckdown and other guests, tickets cost between £5 and £10.

The event, which is only suitable for over 18s, will be taking place from 10pm-4am.



funnyman

AUSTRALIAN comedian Mark Little headlines The Comedy Cow at the Casino MK on Wednesday, April 13.

He played Joe Mangel in the well-known soap Neighbours and was a popular host on The Big Breakfast when it was on Channel 4.

Mark has also written loads of shows for the Edinburgh Fringe Festival and has toured nationwide.

The event takes place at 8pm in Clary's Bar and to buy your tickets, which cost £7, go to www.ticketsource.co.uk



online
for more leisure news log onto onemk.co.uk

guitargreat

IF YOU like loud music you will love this.

Guitarist Chris George will be playing live at the MK Rose pillar dedicated to Milton Keynes' best rock export Jim Marshall to celebrate the Father of Loud day. The event takes place in Campbell Park on Tuesday at 11am and is free to attend.



PIZZA

Margherita
Mozzarella, cheese & Tomato Sauce

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6 SLICES **LRG**
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4.99 6.99 8.99

Hawaiian
Ham and Pineapple

6.99 8.99 10.99

Meat Feast
Pepperoni, Ham, Spicy beef, Doner Meat

Tandoori Hot
Tandoori chicken, onion, peppers, jalapeno

BBQ Supreme
BBQ Chicken, Onion, Peppers, Mushroom

Pepperoni Passion
Double pepperoni, Double Cheese

The Mariner **New**

Prawn, tuna, red onion, olives.

Tikka Masala **New**

Masala sauce, chicken tikka & cheese

Veggie Supreme

Red onion, pepper, sweetcorn, Tomato

Rooster Special

Doner, Tandoori Chicken, peppers, Green Chilli, Tomato

Add extra cheese on any pizza for £1.00

Create your own Pizza

(Add topping to our original Margherita) (12" Price 90p each topping) (9" Price 70p each topping)

TOPPING

Pepperoni, Spicy beef, Chicken Tikka, Ham, Chicken, Lamb, Doner, Prawns, Tuna, Sweetcorn, Red Peppers, Green Peppers, Onions, Olives, Anchovies, Mushroom, Jalapeno, Tomato, Pineapple.

PIZZA FOR ONE

Any 9" Pizza
Garlic Bread (4pcs)
& Can of soft pepsi
£9.99

PIZZA FOR TWO

Any 12" pizza
Garlic Cheese Bread (4pcs)
Potato Wedges
2 cans of Pepsi
£14.99

BIG DADDY DEAL

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£20.99

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All kebabs served in flat pita bread with fresh salad

Regular Large

DONER KEBAB..... 4.50 6.50

Minced lamb with herbs & spices

CHICKEN SHISH KEBAB..... 5.50 6.50

Minced cubes of chicken cooked on charcoal

LAMB SHISH KEBAB..... 5.50 6.50

Specially marinated cubed lamb cooked on charcoal

ROOSTER DONER SPECIAL..... 5.50 7.50

Spicy doner on a naan bread

MIXED KEBAB..... 6.50 7.50

A taste of our various kebabs

BURGERS

QUARTER POUNDER CHEESE BURGER..... 2.80

HALF POUNDER CHEESE BURGER..... 4.20

1/4LB CHEESE BURGER WITH DONNER..... 4.00

CHICKEN FILLET BURGER..... 2.50

DOUBLE CHICKEN BURGER..... 3.50

VEGGIE BURGER..... 2.50

DOUBLE VEGGIE BURGER..... 3.50

EXTRA CHEESE SLICE..... 0.30



SPECIALS

SPICY WEDGES..... 2.50

KEBAB ROLLS..... 2.50

ONION RINGS (10PC)..... 2.50

CHICKEN NUGGETS..... 2.50

GARLIC MUSHROOMS..... 2.80

SIDE SALAD..... 2.50

MEAT & CHIPS..... 4.00

CHIPS..... REGULAR 1.80 LARGE 2.10

CHEESY CHIPS..... 2.50

POT OF SAUCE..... 0.35

WRAPS

REGULAR LARGE

DONER WRAP..... 4.00 5.50

CHICKEN SHISH WRAP..... 4.00 5.50

LAMB SHISH WRAP..... 4.00 5.50

CHICKEN TIKKA WRAP..... 4.00 5.50

PERI PERI CHICKEN WRAP..... 4.00 5.50

MAKE IT A MEAL ONLY £1.50 EXTRA

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Here's how to use your **Date Locally** dating service ...

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Simply text **REG** followed by your first name, date of birth, area and your advert (max 155 characters) and send to **80098**
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Have the adverts 6-digit box no written down and do **key-it-in promptly** when asked. Don't forget to leave contact details for replies.

Or Text... REPLY (leave space) box number (leave space) and then enter your message & send to **80098** eg: **REPLY 123456 hi get in touch...** then send to **80098** Successfully received messages cost £1.50 per message (Max 160 characters). You must exchange 7 messages each before you can swap contact details. Messages may be moderated for your safety and security.

Date ONLINE
YOU can now date online or via your **mobile**

Simply **VISIT** us at:
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calls cost £1.55 per min plus your phone company's access charge.

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female seeking

REMEMBER: Calls cost £1.55 per minute plus your phone company's access charge. Texts cost £1.50 per message received.

ATTRACTIVE, slim woman looking for fun and excitement with guy 35-40 yrs. Text only **Mailbox:** 5419773

JANE, young 41, very broadminded seeks chap any age for discreet no strings fun, any age, no time wasters ACA. Tel: No: 0906 515 3008 Box: 409715

GILL 41, shy, lonely single country loving female with ties, OHAC WLTM n's genuine, confident male companion for friendship, maybe more. Tel: No: 0906 515 4426 Box: No: 421501

KATIE 35yrs, slender well educated brunette seeks no strings mutual pleasure with gent 40+. Must be discreet, married or single. ACA. Tel: 0906 515 3000 Box: 419673

REMEMBER: Calls cost £1.55 per minute plus your phone company's access charge. Texts cost £1.50 per message received.

AMANDA 36y old single female, blue eyes, curly, really pretty with lovely smile, loves music, nights out, WLTM loving male for dates and hopefully LTR. Tel No: 0906 515 4426 Box: No: 421411

SOPHIA 34yrs, married but bored, seeks discreet adult fun, any area, all calls welcome. Tel: No: 0906 515 3016 Box: 413339

LIZ, 44, fun loving divorced female looking for a good time with reliable sincere male, call me. Age/looks unimportant. Tel No: 0906 515 4426 Box: No: 421309

DENISE 37, newly single, olive skinned female, loves beach walks, WLTM fun, loyal male to help me move on and find love again. Tel: No: 0906 515 4426 Box: No: 421449

LUCY first time advertiser, 32yrs, tall slim blonde airline worker, seeks discreet gent, any status for casual fling. Looks/age unimportant. Tel: No: 0906 515 3024 Box: 420227

SPECIAL SPRING OFFER
1 MONTHS MEMBERSHIP to our online dating service for just £10
SIGN UP between 7th - 20th March and enter the code: **MARCH10** when registering online! See website for terms & conditions.

CAROL 39y old petite honest, caring female who enjoys male companionship. WLTM liked minded guy for a round of golf, romantic meal and weekend away. Tel No: 0906 515 4426 Box No: 421133

KIND caring lady early 30s, 5ft5, slim fair hair looking for long-term relationship in Leamington Spa area. Text only to **Mailbox:** 452727

BEV, 44yrs old, tall and blonde, wicked SOH and varied interests, WLTM kind chap, looks unimportant. Tel: No: 0906 515 4426 Box No: 421131

JASMINE, musical lady, husband in the forces and bored alone. 35yrs but loves older men. ACA. Text only to **Mailbox:** 4216183

MEL 38y lonely tall, blonde, attractive with curves in all the right places, WLTM professional male for dates. LTR. Tel No: 0906 515 4426 Box No: 421113

KAREN, blue eyed blonde, size 14 with a large bust, 46yrs. Give me a call for some discreet chats. Text only Box: No: 4053061

LIVELY attractive female 46, looks 26, enjoys meals out travel countryside walks. WLTM male 39-49 n's for genuine relationship. Text only to **Mailbox:** 4712542

STACY 39, green eyes, blonde hair, toned body, looking for genuine loving male to enjoy good times in or out and to fall in love with. Tel No: 0906 515 4426 Box No: 420789

GILLY, 36, green eyed red haired nurse looking to start a new life with similar lonely male also looking for genuine love. Tel: No: 0906 515 4426 Box No: 420713

YOUNG at heart 71yr old male, 5ft 4ins, medium build, easygoing, likes gardening, DIY, countryside, seeks nice lady for LTR. Tel No: 0906 515 4426 Box No: 392003

FRUSTRATED 43-year-old married businessman, muscular body, seeks female, age unimportant, for discreet fun to make me smile again. Tel: No: 0906 515 4426 Box No: 421285

MALE 61, dark hair, 5ft 10ins, slim, GSOH, genuine, seeks female for romance, TLC and soul mate. Tel: No: 0906 515 4426 Box No: 394426

GENUINE, honest male, 45, wants to find his one true love, seeks lady 30-55, for relationship, must be in the Newbury area. Tel: No: 0906 515 4426 Box No: 419863

BERNARD 63, brown hair/eyes, seeking lady for soul mate, romance and TLC. Tel: No: 0906 515 4426 Box No: 409883

MATURE married man seeking discreet fun, good looking, very genuine, any race/age. Text only to **Mailbox:** 4205490

MIKE, 52, retired long distance lorry driver, 6ft, slim, smoker, romantic and tactile, loves the outdoors, occasional drinker, loves animals, music, seeks local lady, 45-55, for LTR. Milton Keynes. Tel: No: 0906 515 4426 Box No: 421485

SUZANNE, 44, first time advertiser very lonely and looking for love with considerate, loyal male with lots of time to give and GSOH. Tel: No: 0906 515 4426 Box No: 420585

JULIE big blue eyed blonde size 12 glamorous granny, 40's, likes a good film with a nice meal, walking, meals out, seaside, seeking young at heart male 40-55yrs Tel: No: 0906 515 4426 Box No: 421485

LATE 70s lonely male, seeks kind lady for friendship, likes motorbikes and motorbike racing and likes a pint at weekends. Text only **Mailbox:** 5383695

MALE, 50s, tall, slim, romantic, tactile, smoker, likes countryside, museums, music, animals, WLTM local lady, 40-55, for LTR. Milton Keynes area. Tel: No: 0906 515 4426 Box No: 421465

JENNY, 65, likes fishing and camping, seaside, gardening, animals, looking for a male between 55-80, in Milton Keynes or surrounding areas. Tel: No: 0906 515 4426 Box No: 419553

FEMALE, 37, new to area, would like to meet nice trustworthy man, for friendship hopefully more. Text only to **Mailbox:** 5392585

ABIGAIL, 33yrs slim sophisticated brunette seeks no strings mutual pleasure with a discreet experienced man, married or single. ACA. Tel: 0906 515 3012 Box: 421339

KAREN, 42yrs, attractive and broadminded, seeks no strings fun with chap any age, must be discreet. Text only Box: No: 4145714

CHRIS, 67, Brunette, cuddly, likes meal out, walks, holidays, looking for companionship and some time with a kind, caring gentleman, age unimportant. Tel: No: 0906 515 4426 Box: No: 421239

CHRIS, widow, Brunette, cuddly, likes meal out, walks, holidays, looking for companionship and some time with a kind, caring gentleman, age unimportant. Tel: No: 0906 515 3020 Box: 421375

EMILY, mature well educated lady, blonde and smart and broadminded seeks gent any age for no strings fun. ACA. Tel: 0906 515 3020 Box: 421375

FEMALE, 37, new to area, would like to meet nice trustworthy man, for friendship hopefully more. Text only to **Mailbox:** 5392585

TRISHA, 44, tall slim dark haired sporty female, OHAC, solvent, affectionate, working, WLTM male up to 50yrs for mutual interest and romantic dates in/out. Tel: No: 0906 515 4426 Box: No: 420755

CHRIS, 67, Brunette, cuddly, likes meal out, walks, holidays, looking for companionship and some time with a kind, caring gentleman, age unimportant. Tel: No: 0906 515 4426 Box: No: 420667

CHRIS, widow, Brunette, cuddly, likes meal out, walks, holidays, looking for companionship and some time with a kind, caring gentleman, age unimportant. Tel: No: 0906 515 3020 Box: 421375

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St Paul's is a thriving and successful Catholic school with an excellent reputation. We are committed to the care of all pupils and to challenge and support them to do the best that is possible. The hard work of the highly motivated, professional and friendly staff continues to lead to higher levels of pupil learning and examination success. Some of the staff are Catholics, some are practising Christians but all are supportive of the way in which we work. If you are committed to the care and success of pupils and working in a setting where the values of forgiveness, concern for others and respect for each person are important then you share the core values of the staff at St. Paul's.

The Governors are looking to make the following appointment:

Communication Support Workers

Salary: St Paul's Pay Range 3 (£20,846 to £23,378)
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29 hours per week term time only

We are currently seeking qualified Communication Support Workers to enhance the learning of pupils with hearing impairment needs in the classroom. We are looking for either Level 2 qualified or Level 4 qualified BSL communicators to join our diverse team. You must have a good working knowledge of BSL and be passionate about the education of all young people. You will be joining an established team working with up to 10 pupils currently.

For an application form and further details please contact St Paul's Catholic School on 01908 669735, or visit the school website www.st-pauls.org.uk. Closing date for applications:

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Closing date: Sunday 24th April 2016

Interviews: Tuesday 3rd and Wednesday 4th May 2016

Assistant Headteacher (KS2 Year 3 & 4)

Salary: Leadership points 5 - 9 (£42,597 - £47,021) per annum

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Closing date: Sunday 17th April 2016 • Interviews: Thursday, 28th April 2016

We are inviting potential applicants to attend a tour of the school with the Headteacher on Friday 8th April 2016. If you would like to book a place on a tour, please email vacancies@kingsoakprimary.co.uk

For further information and an application form visit our school website www.kingsoakprimary.co.uk

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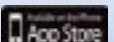
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on the road

New Impreza unveiled

Subaru has unveiled the all-new 2017 Impreza sedan and hatchback ahead of the New York International Auto Show. The first model to be underpinned by Subaru's advanced new Global Platform architecture, the new Impreza is engineered to deliver significantly higher levels of driving pleasure, agility, crash protection and ride comfort. The Subaru Global Platform will underpin a variety of upcoming Subaru vehicles, including hybrids and the next generation of Subaru's supremely capable, all-terrain SUV and crossover models.

As before, every Impreza is equipped as standard with Symmetrical All-Wheel Drive, which maximises driving agility, stability and traction on all surfaces, and gives the car a key advantage over front-wheel drive competitors.

The all-new 2017 Impreza 5-door hatchback is currently under consideration for the European market.

Subaru's new design language puts the brand's signature hexagonal grille and



'hawk-eye' headlights onto a more sculptural body, its athletic stance accentuated by prominent wheel arches and flowing lines. The dramatic new look carries into the cabin, with an 'outward-flow' design that echoes that of the front of the car.

The 2017 Impreza rides on a 2,670 mm wheelbase, up 25 mm compared to the current-generation Impreza, while overall length is up 41 mm and width increases by 38 mm. The larger dimensions create a roomier cabin, while a 10 mm lower height aids aerodynamics with a lower coefficient of drag.

Although sleeker in appearance than the previous models, the 2017 Impreza preserves excellent all-around visibility.

Subaru's hallmark technologies – four-cylinder horizontally-opposed 'Boxer' engines, Symmetrical All-Wheel Drive (AWD) and the EyeSight driver safety assist system – join the new Subaru Global Platform in providing the core foundations of next-generation of Subaru vehicles. Set to form the basis of all future Subaru models, the highly-adaptable platform is suitable for a range of different body styles and powertrains,

including Subaru's all-terrain crossover and SUV models.

The Impreza's new platform incorporates several types of high-strength steel to significantly enhance straight-line stability, agility and ride comfort, while suppressing noise, vibration and harshness to a degree not seen in the compact class. Specifically, the new platform increases rigidity of the unitised body structure by over 70 percent compared to the current Impreza model.

A lower centre of gravity and revised suspension systems contribute to the biggest-ever leap forward in Subaru's dynamic capabilities. The double-wishbone independent rear suspension mounts its rear stabiliser bar directly to the body, reducing body roll by 50 percent. Greater hazard-avoidance capability is another benefit of the Subaru Global Platform. In addition, resolute straight-line stability makes the 2017 Impreza more relaxing to drive and is also an important constituent of the autonomous driving.

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BMW X1

AN X CLOSER TO THE SPOT

The X1, BMW's most compact sports utility vehicle, has been quite a success in the UK, with nearly 40,000 examples of the second generation version finding British buyers. This MK3 model aims to build on that, being bigger, more muscular but more efficient. Will this revitalised X1 continue to hit this segment's sweet spot?

The MK2 model X1 uses BMW's more efficient generation of four-cylinder engines. Plus the brand's intelligent all-wheel-drive system, which distributes the engine's power between the front and rear axles as the situation requires, has been upgraded. Most buyers though, will be happy with front-wheel-drive.

The Munich maker promises that its baby SUV's ride and comfort has been 'noticeably' improved and its sporting credentials beefed up by the increased rigidity of the body and chassis. There's also a wide track, short overhangs and the usual 50:50 weight distribution.

Engine-wise, the mainstream range offers one petrol option and three diesel units, all of which are 2.0-litres. The sole xDrive20i petrol variant is powered by a 192bhp four cylinder unit that only comes mated to eight-speed Steptronic auto transmission. It sprints from 0-62mph in 7.4 seconds. Also auto-only is the powerful 231bhp xDrive25d diesel version.

Most X1 sales will be made further down the range with the lesser diesel variants. There's the choice of a 190bhp 4WD xDrive20d model. Or, if you can't stretch to that, a 150bhp 2WD sDrive18d diesel option. The 2WD '18d' makes 62mph in 9.2s, a figure the 4WD '20d' variant improves to 7.6s. With the xDrive 20d, there's the option of that Steptronic auto gearbox as an alternative to the usual slick 6-speed BMW manual stick shifter.

Expect to find pricing at similar levels to that of the previous MK2 model, which means a typical span in the £25,000 to £25,000 bracket. The standard specification is pretty complete, running to include BMW's iDrive operating

system with its high-resolution 6.5-inch colour display, a six-speaker audio system, plus a USB socket. Also standard are LED daytime driving lights, an automatic tailgate, front foglamps, remote-controlled central locking and keyless ignition, plus electric windows, electrically adjustable and heated exterior mirrors and a leather steering wheel adjustable for height and reach.

The various 'xLine', 'Sport Line' and 'M Sport' trim levels are differentiated by different colour grilles, side skirts and air intakes, as well as by various different kinds of sports seat. 'M Sport' models are fitted with a model-specific aerodynamic package and 18-inch or optional 19-inch light alloy wheels. The 'xLine' and 'M Sport' models get full-LED headlights for low and high beam, an optional feature for 'Sport Line' models. Options across the range include a panoramic glass roof, a DAB radio, a larger control screen and a Head-up display.

To buy this X1 in its original form, you needed to be sold on the idea of a BMW and be possessed of a budget not quite generous enough to get yourself the kind of larger X3 model you'd ideally have chosen. In this much improved second generation form however, this car has set its sights a little higher.

Yes, there are smarter and more purpose-looking SUVs and Crossovers you could buy for the same kind of money, but against those, this BMW offers a range of unique selling points. It's alone in this segment in offering the option of a rewarding rear-wheel drive layout. And a far smoother and more sophisticated 8-speed automatic gearbox. Plus you get ride quality that's arguably best in class.

It all adds up to a car now very well worth short-listing if you're looking for a satisfying ownership proposition amongst the many compact SUVs and Crossovers now on sale. It still isn't an obvious choice. But now, it's one you might just enjoy making.

FACTS AT A GLANCE

CAR: BMW X1
PRICE: £27,090-£36,370
INSURANCE GROUP: 24E-T1 - 34E-T1
CO2 EMISSIONS: 109-146g/km
PERFORMANCE: [sDrive 18d]
0-62mph 9.2s

FUEL CONSUMPTION: [sDrive 18d] (combined) 68.9mpg
STANDARD SAFETY FEATURES: Stability control, ABS with brake assist and EBD, twin front and side and curtain airbags
WILL IT FIT IN YOUR GARAGE?: Length/Width/Height mm 4439/1821/1598
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FIESTA 1.4 ZTC 09/59, 5DR 34000 miles, s/hist, air con, alloys, cd	£5995
FIESTA 1.25 STYLE + 2009, 5dr in silver, 41k, s/hist, air con, cd,	£5295

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TVR Announces Forthcoming Production Facility

Resurgent British sports car maker, TVR, has just announced that its new production facility will be located in the Ebbw Vale Enterprise Zone in South Wales. The Welsh Government will also invest in the car maker, further enhancing this exciting manufacturing project which represents over £30 million of capital expenditure over the next five years. The contracts to locate the new TVR factory in Wales were signed on the 18th March and the deal was officially announced by Rt. Hon Carwyn Jones, the First Minister of Wales, during a press conference this morning. Currently, TVR is looking at several specific options for the precise location of the factory, the outcome of which will be the subject of a separate announcement in the coming weeks.

NEW JAGUAR F-TYPE SVR CLOCKED AT 201MPH

The new Jaguar F-TYPE SVR, the fastest production Jaguar ever, has been put through its first high speed test drive with Fast and Furious star Michelle Rodriguez at the wheel. On a closed highway in the Nevada desert, home to the world's fastest road race the Silver State Classic Challenge, the actress pushed the car to its top speed with the speedometer indicating 201mph - a personal top speed for Michelle. He said: "Driving this car was insane! I've now broken my personal speed record in the beautiful Jaguar F-TYPE SVR. Reaching 201mph felt amazing."



the car drove really smoothly, all my corrections were minimal, I was super focused, and it really reacted in all the right ways. I don't think I'd ever go this fast without a professional driver seated next to me, but oh man, it was an incredible feeling."

BENTLEY MARKS FIRST BENTAYGA DELIVERIES



Bentley Motors handed over the first Bentayga to customers at an exclusive event yesterday, at the company's global headquarters in Crewe. The event marks a major milestone in Bentley's history, as customer cars for the

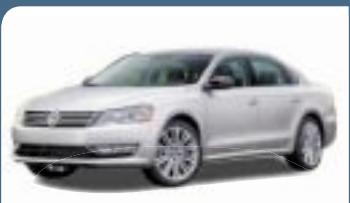
brand's fourth model line – built in Crewe alongside the Continental GT, Flying Spur and Mulsanne – commence delivery around the world. Taking more than 130 hours to produce each car, guests at the event in Crewe were given privileged access to Bentley's factory to see the skill and passion involved in Bentayga's creation, with insight from key people involved in the car's design, engineering and craftsmanship.



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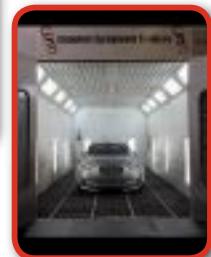
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SsangYong's Easter Bunny Bounces In



SsangYong Motor UK has announced special savings on particular vehicles in stock until the end of March across its range of Korean built SUVs, 4x4s and seven-seater Turismo MPV.

Savings of up to £1,500 are available on a Korando ELX4, £2,250 on a Turismo ES auto MPV, and £3,000 on a Rexton ELX auto 4x4.

Selected Tivoli petrol and diesel models can save between £1,000 and £1,250, and there is also up to £1,500 available on the Korando Sports EX auto pick-up.

London Hydrogen Network Expansion



The government-backed London Hydrogen Network Expansion project (LHNE) has broken two new distance records for hydrogen fuel cell electric vehicles (FCEVs). Working together, the partners of the LHNE project have broken the record for the longest journey in the UK on a single tank of hydrogen, travelling 400 miles, and have also broken the longest continuous journey for an FCEV by travelling 6,096 miles over the course of six days. The record was broken in a Hyundai ix35 Fuel Cell car as part of the LHNE partners' contribution to Hydrogen Week (March 11-18), designed to raise awareness of the significant benefits offered by FCEVs and their environmentally-friendly credentials. The group of companies that comprise the project, which is led by Air Products, completed around 50 of laps of the M25 motorway, plus mileage to and from one of the four publicly-accessible hydrogen refuelling stations in the UK.

The New Mercedes-Benz CLA And CLA Shooting Brake

The sporty, expressive design of the CLA and CLA Shooting Brake is now being honed further in a facelift involving new bumpers, a diamond radiator grille in black as standard and new light-alloy wheels. The interior also benefits from numerous enhancements, among them new seat covers and trim parts, as well as chrome-plated controls. LED

High Performance headlamps, Hands-Free Access and further possibilities for integrating smartphones into the control system are all options that serve to enhance safety and comfort. The new efficiency champion is the CLA 180 d BlueEFFICIENCY Edition with an output of 80 kW (109 hp) and CO2 emissions from as low as 89 g/km.



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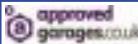
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Sam is back in the driving seat



At the wheel: Milton Keynes-based Samuel Oram-Jones has secured a drive with Dan Woodrow's 23 Racing

BY SCOTT KIRK

scott.kirk@onemk.co.uk

SAMUEL Oram-Jones is to race in the 2016 BRSCC Quaife Fiesta Championship having secured a drive with Dan Woodrow's 23 Racing.

The 18-year-old, who has spent the last couple of years concentrating on his studies at The Webber Independent School after a long spell in karts, including twice winning the Lewis Hamilton 'true grit' award while competing in Formula Kart Stars (FKS), will now make his race debut in the opening round at Snetterton this weekend.

Ahead of that he has taken part in three tests, running at Brands Hatch, Snetterton and last week at Rockingham, as he looks to gain mileage with his Performance Ford Magazine-branded front-wheel drive Class C 2.0 litre Fiesta ST and get acquainted with some of the circuits that make up the 16-round series.

"It is great and really exciting to be back racing," said the Middleton youngster.

"I think the time I have had off has allowed me to mature as a driver and as an individual, but it is brilliant to be able to finally get back out onto the track and put that maturity into performance."

"The test last week was very good. We were very quick and doing times that would have put us at the front of last year's grid. My manager was scratching

his head a bit and thinking we must be doing something weird because we shouldn't be going that quick off the bat, but we were just very fast and I am very much looking forward to the start of the new season now."

"We will be looking to come back out and show I can be here for the long run and that I am in motorsport to stay and deserve to be on the grid."

"The aim for the season in terms of performance is definitely to finish towards the front of the grid and in the top 10. I think it is a must-do this season."

Meanwhile, 23 Racing founder and boss Dan Woodrow added that, while 2016 will be a learning year for Samuel, he is confident the youngster can do well.

"Sammy is joining 23 Racing as a development driver for Class C," he said.

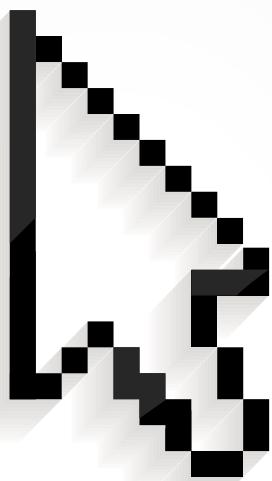
"He is coming to develop the Fiesta ST with us while he gets use to front-wheel drive."

"It's a two-year plan. This year to find our feet and year two is to try and push on and win it - we believe Sammy has the talent to do this."

"I want Sammy to be in and around the top 10 and pushing on the door of the top lads as the year progresses and think that is a realistic aim."

"I think we can do well together and last week we made really good progress during testing at Rockingham."

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Taking part last week alongside teams from around the world, the 17-strong team from Milton Keynes Taekwondo Academy was led by Master Cesar, their world-class coach who provides Taekwondo training to

hundreds of children and adults each week.

The team competed in Poomsae (patterns) and also Kyorugi (sparring) and returned with a raft of medals. They also won the best team award.

Cesar said: "I am so proud of our team who showed the rest of the world that MK really knows its Taekwondo.

"Our athletes all work or go to school in Milton Keynes and we were very proud to

represent our home town. "I am very grateful to the parents who helped to make this happen and they created an unforgettable memory for their children."

Milton Keynes Taekwondo Academy is open to all ages and abilities and offers a free trial class to those who'd like to know more.

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DONS BLOG

DONS should consider cashing in on Simon Church this summer, with the striker likely to accept a permanent move after performing well in Scotland, writes blogger James Reeve. Church recently expressed how difficult he found leaving Dons for Scottish Premier League club Aberdeen. But with Church reduced to substitute-based appearances for Dons, the loan move made sense.

As the Dons have a small transfer budget, an injection of cash could be a welcome sight for Robinson. Read more of James' blog at onemk.co.uk

ROWING

MK ROWING Club were involved in the Women's Eights Head of the River Race (WEHORR), Head of the River Race (HORR) and Vets Head of the River Race. In the WEHORR race the team finished 124th out of 315 crews. In the HORR race, MK came home 295th out of 340 teams. Two teams were entered into the Vets race, with the women finishing third out of nine crews in their category, while the mixed team were ninth out of 12 in their section.

ATHLETICS

DAN Webber was first Marshall Milton Keynes athlete home at the Maidenhead 10-mile road race on Good Friday when he finished 21st, running a personal best (PB), as did his sister Wendy. Natasha Baker had a PB at the Cardiff Half Marathon and moved to number 15 in the club rankings for this distance. Steve Herring finished eighth at the Stanwick 10km. The early season track and field meeting saw 40 Marshall athletes competing. Highlight of the day was a huge hammer throw of 54.11m by Kayleigh Presswell, only 56cm off her club record.

NON-LEAGUE FOOTBALL

NEWPORT Pagnell Town continued their United Counties Premier Division title push with a 3-1 win against Holbeach United. In Division One, Olney Town won 4-2 at Thrapston Town. In the Spartan South Midlands League Division One, New Bradwell St Peter drew 1-1 with Risborough Rangers. In Division Two, Clean Slate lost 8-0 at Hale Leys United, Stony Stratford Town lost 4-2 at Pitstone and Ivinghoe but Wolverton Town won 3-1 at Totternhoe and Old Bradwell United beat Grendon Rangers 4-1.

Lucinda surprises herself with national slalom gong

BY SCOTT KIRK

scott.kirk@onemk.co.uk

MILTON Keynes skier Lucinda Dilworth is adamant she surprised even herself at the Delancey British National Alpine Ski Championships on Friday as she claimed the U18 prize in the giant slalom.

A tough course and tricky conditions in Tignes, France, meant that 23 of the 44 starters failed to complete the uvez Women's National Championship Giant Slalom race.

But Dilworth was not one of those as she battled gamely to record a combined time of 2:38.92 minutes for her two runs, ensuring she won the prize for the fastest U18 skier.

And heading into Friday's action, the 17-year-old claims she hadn't even considered the possibility of climbing onto the podium.

"I thought I skied quite consistently – it probably could have been a lot better in general but I was quite happy with it," said Dilworth.

"I did not expect to come away with the U18 prize at all, I was just focusing on skiing well, doing my best and seeing where that would take me."

"I was pretty happy to put two good runs down in tough conditions and hopefully I can repeat that when the conditions are good as well."

"Even when conditions are tough I like to attack more because I think you've got nothing to lose, so just keep going."

DONS

Robbo: "Fulham in relegation scrap is surreal"

Continued from the back page relegation spot at the moment.

"Going there in a relegation dogfight is quite surreal," said Robinson.

"Their players are saying it's the biggest game of the season but I don't think it is because every game is the same."

"If you're Fulham, you have to stay up. We want to stay up but there's a difference."

"The quality in that side is remarkable and the permutations of the teams they could play varies but every variation is talented."

But despite the qualities Fulham and the rest of the Championship possess, Robinson firmly believes that his team will beat the drop.

"We all knew it was going to be a difficult year but we're still fully motivated to achieve things and my players will do everything they possibly can," said Robinson.



Winner: Lucinda Dilworth took first prize for the U18 giant slalom at the Delancey British National Alpine Ski Championships

The Delancey British National Alpine Ski Championships run until Friday and is the biggest event of the year for the British ski racing world – with Delancey as the principal sponsor for the sixth year running.

The U18 gong was Dilworth's first trophy of the Championships.

And despite the lack of glory until Friday the teenager insists she has

been pleased with her time in the French Alps. "I think the Championships have gone pretty well for me so far and I'm excited for the next few races to come," added Dilworth.

"I don't have any particular targets – I just want to keep skiing well, ski fast and just hope for the best."

To follow the progress of the Delancey

British Alpine Ski Team visit www.teambss.org.uk or follow @teambss on Twitter.

As principal sponsor of British Ski and Snowboard, Delancey is proud to be able to provide British athletes with the support they require to win World Cup and Winter Olympic medals.

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Every game matters: MK Dons staff watch the action unfold from the bench

"I believe in them that much and it's important that belief is around the building because without that we have nothing."

"We are going to get beat but it's about how you respond to them and if we stick together and have that self-belief hopefully we can achieve our goal."

"The players know how hard you have to work to be successful at the

back end of a season and we've been here before. It was a different type of predicament but I thought last year was even more difficult because everybody was expecting us to go up."

"Everyone is saying we're going to go down so they're relieving the pressure on the players and the pressure on us is to not let our fans down."

FIXTURES

SAT	FULHAM (A)	TUES	WOLVES (H)	APR 9	ROtherham (H)	APR 16	PRESTON (A)	APR 19	SHEFF WED (A)
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CHAMPIONSHIP TABLE

Team	Home					Away					PTS
	P	W	D	L	F	A	W	D	L	F	
1 Burnley	38	13	4	25	33	8	8	3	26	18	30
2 Brighton	38	13	3	3	28	15	6	11	2	24	20
3 Middlesbrough	37	13	3	2	27	6	8	4	7	17	25
4 Hull	37	11	6	1	32	8	3	8	18	15	27
5 Derby	38	10	6	3	28	13	7	5	23	22	16
6 Shrewsbury	38	11	6	2	36	15	5	6	20	21	17
7 Cardiff	38	10	7	2	28	17	5	7	21	24	8
8 Ipswich	38	8	6	5	23	18	8	4	7	23	26
9 Birmingham	37	9	3	6	20	17	6	8	5	21	18
10 Preston	38	7	8	4	18	16	6	7	18	19	1
11 QPR	38	8	8	3	31	20	4	7	8	16	23
12 Wolves	38	6	7	6	24	25	5	5	8	22	26
13 Leeds	37	5	7	7	16	22	6	7	21	23	-8
14 Blackburn	38	7	7	5	23	16	4	6	9	14	20
15 Notts Forest	38	7	6	6	22	19	4	7	8	12	17
16 Huddersfield	38	7	4	8	29	24	5	5	9	23	-1
17 Reading	37	7	9	3	21	13	4	3	11	21	30
18 Brentford	37	7	3	9	24	27	5	4	9	24	32
19 Bristol City	38	5	6	8	23	29	6	4	9	17	29
20 Rotherham	38	7	4	8	28	31	4	2	13	16	31
21 Fulham	38	5	5	9	30	31	3	9	7	27	33
22 DONS	38	7	3	9	18	25	2	7	10	14	26
23 Charlton	38	4	8	7	20	27	3	3	13	14	42
24 Bolton	38	4	10	5	22	23	0	4	15	14	45



Elite League beckons for MK Lightning in 2017-18

BY SCOTT KIRK

scott.kirk@onemk.co.uk

MK LIGHTNING will be playing Elite League ice hockey from 2017-18 in a major move that looks set to expand the sport in the city.

This is part of the league's planned growth and the board unanimously voted in favour of Milton Keynes joining it.

Elite League chairman Tony Smith said: "We are very pleased that we are expanding the league, this is something that we all feel strongly about in the boardroom."

The rink in Milton Keynes has undergone massive redevelopment and regional director of Planet Ice John Neville believes that is one of the reasons why they are now ready to make the step up.

"I think it is very exciting for the future and it is something, as a venue, that Milton Keynes deserves," he said.

"This team should be playing in the top league and this is a fantastic opportunity for the club to develop."

Lightning head coach Pete Russell is also positive that Elite League hockey will be a success in MK.

He said: "This is a really good move for a club which is growing. I think we have a real core of top end Brits and if we can keep them here we will have a really good base to build from."

"We have a fantastic set of supporters here and it will be great for them to be able to watch the top level of ice hockey in the UK."

It capped off a great week for Lightning, who qualified for next weekend's English Premier League finals with a 7-2 aggregate victory over Telford Tigers.

They will face Basingstoke Bison in the semi-final at the Coventry Skydome on Saturday before the final takes place on Sunday.

Lightning have also announced that James Griffin has signed a two-year contract with the club.



Winners: Lightning will play in the Elite League from 2017

ELITE LEAGUE TEAMS

- Sheffield Steelers
- Nottingham Panthers
- Cardiff Devils
- Belfast Giants
- Edinburgh Capitals
- Coventry Blaze

Pic by Tony Sargent

Long will be in the squad for trip to Fulham

NEW central defender Kevin Long will be in the squad for the crucial encounter with Fulham on Saturday as Dons boss Karl Robinson and his staff look to mastermind the team's survival against relegation.

Long, 25, has joined on an emergency loan from Championship leaders Burnley as cover for Kyle McFadzean, who is suspended for three games after being sent off against Brighton, and Joe Walsh and Matty Upson, who are both still returning from injury.

"I've seen him play an awful lot and he's a wonderful size," said Robinson.

"He's very graceful across the ground and I don't think you can have too many players at this stage of the season when the window closes."

"It was important that we got something done."

"Matty played 25 minutes on Monday, Kyle is suspended and we don't know where Joe is going to be after a few games so it was important we did something and we don't leave ourselves too short."

"Hopefully he will do a good job for us."

"He will be in the squad for Saturday 100 per cent."

"There's only Ben Reeves who is still a bit off but Dave [Martin] has trained in the last two days which is great, Carl Baker and Joe Walsh are back training now and they're ready and raring to go for the final eight games of the season."

"It was looking a bit sparse at one stage but we've got more than enough players for that position now."

Dons have eight games to ensure that they are still in the second tier of English football next season, but Robinson believes that it is Fulham rather than Dons who will be feeling the pressure this Saturday.

Fulham are just one point above Dons going into the game, with the men from MK occupying the final

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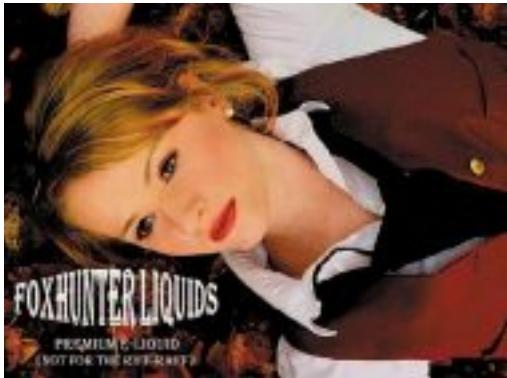


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